COLOUR A BARRIER IN CANADA: STUDY, PG4

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Fewer than half of B.C. voters went to polls

ELECTION Tuesday's provincial election marked the lowest voter turnout of the decade, despite efforts from all parties encouraging people to vote.

According to preliminary results, 3.2 million people were registered but only 1.5 million voted — fewer than 50 per cent.

Approximately 220,000 fewer votes were counted than in the 2005 election, which at the time was considered a low point with voter turnout at 55 per cent.

Re-elected B.C. Premier Gordon Campbell said yesterday he would have preferred to see more people going to the ballot boxes.

"Nobody benefits when British Columbians decide not to go to the polls," Campbell said.

MINÉ SALKIN/
FOR METRO VANCOUVER

End of season **Day after**

KELSEA BLOXAM/FOR METRO VANCOUVER

Vancouver Canucks captain Roberto Luongo speaks with reporters while cleaning out his locker at GM Place yesterday. The team faces tough questions this offseason with several players eligible for free agency. Coverage, pg 8

Technician jailed for theft of racy pix

SCANDAL A Hong Kong court yesterday jailed a computer technician for 8½ months for stealing sexually explicit pictures from Vancouver-born actor Edison Chen's computer.

The photos sparked a major sex scandal involving several top Hong Kong actresses and singers.

Sze Ho-chun, 24, who serviced a laptop computer belonging to Chen in 2006, was accused of unlocking encrypted files, then copying and distributing around 1,300 photographs.

The images have spread over the Internet and been splashed across newspapers, burning the careers of several starlets.

Sze's lawyer told reporters that he would appeal against the ruling, flanked by Sze's mother who said she was "very unhappy."

Chen, who publicly apologized for the controversy, has since largely taken refuge here in Vancouver. A television station in Hong Kong was recently sent a death threat letter accompanied with a bullet, warning Chen to stop making public appearances.

Chen, 28, has appeared in films such as Infernal Affairs a Hong Kong triad film which inspired Martin Scorsese's The Departed, as well as the recently released film The Sniper.

REUTERS

Unmarried with kids

Trend doubles, triples in some developed countries: Study

KRISTEN THOMPSON
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More Canadian women are giving birth out of wedlock than ever before, with three out of 10 babies being born to unmarried moms, according to a new study.

Thirty per cent of births in Canada in 2007 were to unwed women, up from 12 per cent in 1980, according to the Centers For Disease Control And Prevention in the United States.

The upward trend was consistent in most developed countries, with levels doubling and tripling in some cases.

In Norway the rate climbed to 54 per cent in 2007, up from 15 per cent in 1980. The rate in the Netherlands rose to 40 per cent from four per cent.

Elizabeth Saewyc, a nursing professor at the University of B.C., said the changing rates can be attributed to a shift in social values away from marriage toward cohabitation.

"It's becoming more okay (for unmarried couples) to live together, so raising children together is more socially sanctioned," Saewyc said.

She added that teen pregnancy rates have been declining while birth rates are increasing among adult women.

She said half of non-marital Canadian births in 1970 were to teens, and in 2007 that rate dropped to less than a quarter. On the other hand, more women between 25 and 40 are having babies than in the recent past.

Internationally

- Iceland had the highest rate of non-marital births in 2007, at 66 per cent, according to the Centers For Disease Control And Prevention.
- Two per cent of Japanese babies were born to unwed moms in the same period.

"Not being married doesn't mean it's not a two-parent household," Saewyc added. "Two engaged parents who are committed to taking care of their children does not necessarily require them to be legally married."

Barbara Mitchell, a sociology professor at Simon Fraser University, added that women are waiting longer to have children so they can be financially secure and independent.

"Women are investing in their education and career, and having more (equal) roles in society, making them less likely to rely on the traditional marriage model for raising a family," Mitchell said.

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Vancouver and Canada. This is also a Call to Action for you to send us your suggestions at vancouverletters@metronews.ca, metronews.ca or on Twitter @metrovancouver.

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Today

- **Comment — Steve Collins on relationships, pg 6**

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Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

$8.8M tabbed for outgoing MLAs

B.C. taxpayers will pony up $8.8 million in retirement benefits and payouts to the 19 MLAs who were defeated or decided not to run in Tuesday's election, according to the Canadian Taxpayers Federation. Peace River North's Richard Neufeld, who did not run because he was appointed to the Senate, can expect to receive a cumulative pension value of $1.3 million. METRO NEWS SERVICES

Local

Oppal must await recount

Attorney general Wally Oppal, left, won't know until May 27 if he's been elected MLA for the new Delta-South riding. According to a preliminary count, Oppal won the riding for the Liberals by only two votes against Independent candidate Vicki Huntington in Tuesday's provincial election. Recounts are mandatory when the margin is fewer than 100 votes. METRO VANCOUVER

News in brief

SKYTRAIN Transit police are looking for a man who knocked another transit rider to the floor after being politely asked to share one of two SkyTrain seats he was taking up.

OLYMPICS The official 2010 Olympic Games store in Whistler Village will have its grand opening this weekend. The 4,500-square-foot store will sell the full line of Olympic merchandise.

ODDITIES A cross-country community cleanup competition organized by Pitch-in Canada turned up some unusual items. A Valemount, B.C., woman found a $100 bill, while volunteers in Kelowna found an abandoned safe.

ENVIRONMENT Simon Fraser University will spend more than $1 million to help protect Stoney Creek, a salmon and trout stream.

METRO NEWS SERVICES

metronews.ca
What's online today.

Video Afghan soldiers trade in their flimsy pickup trucks for new Humvees, with training from Canadians at **metronews.ca/canada**

Video Thousands of Tamils continue their protest outside the Ontario legislature at **metronews.ca/canada**

Lotteries

Lotto 6/49	6, 10, 24, 28, 31 & 46 Bonus 25.
BC 49	3, 10, 14, 34, 39 & 47 Bonus 11.
Extra	11, 12, 13, 40

These results are not official.

Economy to be the focus

Prosperity is key: Premier

JEFF HODSON
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POLITICS Stoking B.C.'s sputtering economy will trump all other government plans, Gordon Campbell said yesterday, hours after winning a third term as premier.

"Without a strong economy, we can't do the other initiatives we'd like to undertake," Campbell said at the Pan Pacific Hotel.

Less than 12 hours earlier, Campbell saw his Liberals nab 49 of 85 seats to form their third consecutive majority government.

Campbell, citing a platform promise to expand kindergarten to include four-year-olds, said such a plan would require a "strong economy to be able to expand those services and provide those new resources."

> **"Without a strong economy, we can't do the other initiatives we'd like to undertake."**
> Gordon Campbell

Campbell listed four files that he hopes to move forward on: Education, health care, climate change and reconciliation with aboriginals.

"Each depends on the other," he said. "The economy rests on the certainty that we can create with First Nations people. The health-care system rests on the strength of the economy. Our education system will actually generate economic opportunity, but it requires a strong economy to be able to invest in it."

JEFF HODSON/METRO VANCOUVER

Gordon Campbell speaks at a press conference yesterday, hours after being elected to his third term as premier.

Optimistic Green party candidates looking ahead to 2013

MINÉ SALKIN
for Metro Vancouver

ELECTION The B.C. Green party may have failed to win a seat — and its quest for political relevancy — but candidates remain optimistic about 2013.

Leader Jane Sterk said candidates are enthusiastic about staying with the party and are prepared to stand for office, despite receiving only about eight per cent of the vote — a drop of one per cent from the 2005 election.

"We had an extremely low voter turnout, with about 37,000 less Green votes in this election," she said.

Sterk lost out to New Democrat Maurine Karagianis in her home riding of Esquimalt-Royal Roads, with 17 per cent of the vote to Karagianis' 53 per cent.

Stephen Krontstein, Green candidate for the Vancouver-Point Grey riding, said voters struggle with the B.C. political system.

"People typically think there's a green split, but in actuality the environment is not a left or right issue, which is difficult considering that B.C. politics are polarized in this way," he said.

Councillor urges another look at plans for axed jail

JEFF HODSON
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FACILITY The city's lone NPA councillor wants city staff to look at options for building a scrapped Burnaby pre-trial centre in Vancouver.

"A centre like this is a big economic driver for a city," said Coun. Suzanne Anton yesterday. "It has lots of jobs and lots of economic activity just in maintaining the building and the facility itself."

Fallout

- The battle over the planned jail may have cost John Nuraney his Burnaby-Deer Lake riding, as he lost Tuesday's election to New Democrat Kathy Corrigan.

A planned jail for people awaiting trial at the former Willingdon Youth Detention Centre was cancelled in March when it met community resistance and Burnaby city council rezoned the site.

John van Dongen, then B.C.'s solicitor general, threw the hot potato back to Metro Vancouver, giving area mayors until September to select one of 60 sites for the facility. A report in 2007 identified one site in Vancouver near Marine Drive and Fraser Street.

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Man facing charges after RCMP find skull

KELSEA BLOXAM
for Metro Vancouver

A man has been charged in connection with the death of his former roommate after Surrey RCMP found a severed skull and identified it as belonging to a headless body found 19 kilometres away.

Mounties found the body at a Surrey home last August. According to Cpl. Dale Carr, mention of the missing head was strategically not made public as it was felt that only investigators and the person responsible would know about it.

"Information such as this is often held back from the media so that investigators have a barometer to use to check the truthfulness of a person's statement," Carr said.

The skull was discovered three months later and linked to the body, which was identified as that of Richard Falardeau, 54.

His former roommate, Ernest Allan Hosack, 37, is charged with second-degree murder.

"This investigation has no links to drugs, gangs or organized crime," Carr said.

Police seeking third suspect

CHILLIWACK Police in Chilliwack are looking for a third suspect they believe is connected to a recent incident where RCMP shot at a stolen SUV.

Investigators say Michael Jacob Milligan, 28, might have been a passenger in the stolen truck being driven by a woman shot by police on May 8.

Officers say they had to shoot the driver when she tried to ram two police cruisers to avoid arrest.

Cassandra Rowell was arrested and treated in hospital for her injuries.

Another suspect, Tyler Suel, 23, was also arrested at the scene.

METRO VANCOUVER

News in brief

BREWERY Kelowna-based Tree Brewing Company has become the first brewer in Western Canada to domestically produce big cans. Thirsty Beaver Amber Ale and Kelowna Pilsner will be the first brews to come out in 500 ml cans.

METRO NEWS SERVICES

Canadian pork safe: U.K.
Canadian pigs and pork are unlikely to spread influenza A (H1N1), also known as swine flu, and are safe to import, Britain's Department for Environment, Food and Rural Affairs said yesterday. REUTERS

Canada

Parents angry over God drop

The possibility that Girl Guides of Canada will drop any reference to religion from its all-important Guiding Promise is drawing an angry response from parents, who have taken to Facebook to debate the issue. "This speaks to people's fundamental values, and I think that's why it's touched a nerve," says Louise Simos, whose nine-year-old daughter Alexandra is a Girl Guide.

TORSTAR NEWS SERVICE

Researcher accused of swiping vials

SCIENCE A researcher at a top-ranked Canadian infectious disease laboratory has been charged with attempting to smuggle vials of biological materials into the United States, Canadian and U.S. officials said yesterday. REUTERS

News in brief

POLITICS The Conservative party launched a series of ads attacking the opposition Liberals yesterday in a bid to recover lost ground in public support ahead of a possible election. The new television ads question the commitment to Canada of the popular new Liberal leader, former Harvard don Michael Ignatieff, who spent 34 years in the United States and Britain. REUTERS

Ottawa **Falun Dafa Day**

TRACEY TONG/METRO CANADA

A dancer performs on Parliament Hill for Falun Dafa Day in Ottawa yesterday. In its 10th year, the celebration takes place in dozens of cities all over the world, including Toronto, Calgary and Edmonton.

Colour a barrier: Study

Darker-skinned immigrants report more alienation

Vanessa Kirunda is the last person you'd expect to be looked down on.

Poised, articulate, educated and confident, Kirunda, a black woman, can dissect and analyze why Canadians treat her differently.

But all bets were off when schoolmates called her 10-year-old son Sean a racial epithet. Three times. By children of three different backgrounds.

"I anticipated this would happen, but it breaks my heart. Something is wrong when children say these things. On top of everything, I'm not going to have my child degraded."

Kirunda and her son, Canadian citizens who emigrated from Kenya six years ago, face exactly the sort of walls a major study of multiculturalism and society pinpoints.

> **"There is a reluctance to investigate the issue."**
> Jeffrey Reitz, author

Crunching thousands of numbers from 41,666 people interviewed in nine languages, the just-published study found skin colour — not religion, not income — was the biggest barrier to immigrants feeling they belonged here. And the darker the skin, the bigger the alienation.

"We were surprised that religion didn't have more effect," said lead author Jeffrey Reitz. "It came down to race, with Asian people reporting some and with young black males the most stigmatized. The data is consistent with that.

"We tend to believe racism is a minor problem in Canada, of little consequence. Someone looked at them funny. Or that many immigrants are doing well, so it must be their fault if they aren't. There is a reluctance to investigate the issue," said Reitz.

The University of Toronto professor of ethnic, immigration and pluralism studies added that a lack of trust was also higher among the successful, Canadian-born, Canadian-educated children of visible minority immigrants.

TORSTAR NEWS SERVICE

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Woman fired over stolen kiss reinstated
A Turkish court has ordered an employer to reinstate a woman who was fired after she kissed her boyfriend at work. REUTERS

World

No clear winner in India

The ruling Congress-led coalition was slightly ahead of the opposition Hindu-nationalist alliance as voting ended in India's general election but both fell short of a parliamentary majority, TV projections said.

A raft of exit polls yesterday showed either alliance would need new partners, renewing concerns that a shaky coalition would emerge as Asia's emerging powerhouse faces economic slowdown and instability in neighbouring Pakistan.

"We are looking at political uncertainty."
Amulya Ganguli

The projections could spark market jitters in the days ahead of the official results, due on Saturday.

Exit polls have had a mixed record in the past among the electorate of more than 700 million people. They were way off the mark in the last 2004 general election.

Prime Minister Manmohan Singh's Congress party-led coalition is ahead with 185-205 seats in the 543-member lower house of parliament, an exit poll said. An alliance led by the opposition Bharatiya Janata Party would take 165 to 185 seats, leaving both the main political formations far short of the 272 needed for a majority.

"We are looking at political uncertainty and horse-trading," said Amulya Ganguli, a political commentator in New Delhi. REUTERS

Pakistan **Influx of refugees**

ASIF AZIZ/REUTERS

Internally displaced children try to get food at a distribution centre in Pakistan's Swat district, where troops launched an offensive against militants yesterday. An estimated 800,000 civilians had fled from the latest fighting.

Palin signs deal to write memoirs

POLITICS Sarah Palin, Alaska's governor and last year's Republican U.S. vice-presidential candidate, has signed a deal to write her memoirs with publisher HarperCollins, the Anchorage Daily News reported Tuesday. Palin did not disclose how much she would be paid by the publisher, which is owned by Rupert Murdoch's News Corp.

"There have been so many things written and said through mainstream media that have not been accurate, and it will be nice through an unfiltered forum to get to speak truthfully about who we are and what we stand for and what Alaska is all about," Palin said in an interview published on the newspaper's website. REUTERS

Sri Lankan aid worker killed in shelling

SRI LANKA Shelling killed a Red Cross worker inside Sri Lanka's war zone yesterday, the aid agency said, while troops and the Tamil Tigers battled in an intensifying fight to the finish of Asia's longest modern war.

The pro-rebel website and a government-employed doctor in the war zone whose security is at the whim of the Tigers, said at least 38 people were killed in an attack on a makeshift medical clinic. The military called the report fabricated.

The International Committee of the Red Cross, for days unable to ferry out wounded and deliver aid by boat because of fighting, said a 31-year-old local staff member and his mother were killed by a shell. REUTERS

Indian connection

- Sri Lanka's war has become a delicate election issue for India's ruling Congress party in the swing state of Tamil Nadu, home to 60 million Tamils across the Palk Strait where the LTTE was incubated and still commands support.

News in brief

RACISM Militants and hate groups are increasingly using social networking sites such as Facebook, MySpace and YouTube as propaganda tools to recruit new members, according to a report released yesterday by the Simon Wiesenthal Center.

EUROVISION Georgia stages its own music festival this weekend in a snub to the Eurovision Song Contest in Moscow after the country's entry was rejected for mocking Russian Prime Minister Vladimir Putin. REUTERS

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Comment & Views

Comment

Dysfunction dying out

Relating

Steve Collins

metronews.ca/collins

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

As we continue our efforts this week to find the good in these tight-money times, it only makes sense to contemplate the unbuyables — health, happiness and, of course, love.

On the relationship front, I could offer tips on romantic outings to the local Service Canada office to file for Employment Insurance together, or getting reacquainted with your parents as you move back into their basement, but the secret to the SunnySide Method™ is perspective.

If your job or savings don't bear unpanicked scrutiny these days, you might find it reassuring to take stock of your personal life. Then again, maybe this is the last thing you want to think about. There is, after all, when considering one's relationships, a tendency to dwell on the problems and the irritants, no matter how minor. Relationship columnists, always in search of a conflict on which to hang the story, are doubly guilty of this.

Chances are though, if you really think about it, things are more right than wrong. For every one of your love's grating eccentricities, there are probably three everyday kindnesses you forgot that you take for granted. If not, what are you twits still doing together?

SunnySide

And some of us are better at this than others, but it might even be appropriate while taking stock, to spare a thankful thought for your exes. No matter how badly it ended, you've still got the memories, whether bittersweet or giddily pornographic, and everything you learned from each other — even if in the end it had to be learned the hard way.

Your important relationships aren't limited to the romantic, either. Your friends and family, the softball team or the co-workers (if you still have co-workers, of course) all populate that vital non-economic part of life.

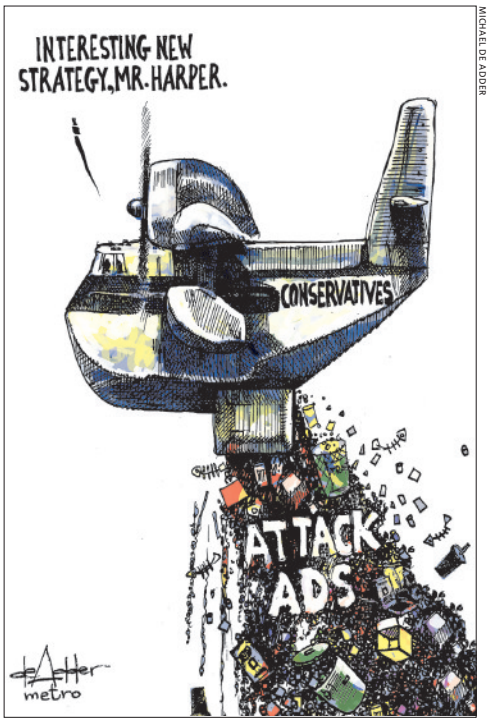
For every small way these people drive you crazy, they make up for it by lending a hand, sharing a laugh, making you see things differently.

If brute optimism isn't enough to get you through, the occasional piece of statistical evidence pops up to suggest we're getting better at getting along.

For example, in new research from the University of Lethbridge, Canadian teenagers are reporting better relationships with their parents today than any teens in the last 30 years. Arguments are down, and mutual enjoyment and understanding up, according to the national survey.

Less dysfunction at home should mean less mess later, as it's striking how much the dynamics of future relationships resemble those first ones within your family, so this is an encouraging trend.

Steve Collins offers his best guesses on relationships for Metro every two weeks.



MICHAEL DE ADDER

Views

Sheeple sheds light on MP's time with PM

Garth Turner

"Garth who?"

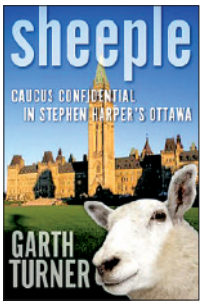
So, the official response to my latest book by the Prime Minister's Office summed things up nicely.

I couldn't have put it better myself.

After all, these were the guys who'd obsessed about what to do with me, how to stop my blogging, from talking to reporters, from webcasting in the foyer of the House of Commons and from scrutinizing my own party's policies, for the entire time I was a Stephen Harper MP.

It was just days after I was elected again in 2006 that Harper's right-hand man, chief of staff Ian Brodie, ordered me to go offline — or be punted from my own party. Ten months later, he and his boss did just that. And when they did, for the high crime of opening my mouth and having an opinion, they alleged instead I'd broken caucus confidentiality in writing about party secrets.

This is what makes the reaction to my book, "Sheeple," ironically tasty. In Harper's caucus, there are no secrets. There's nothing to keep confidential. MPs aren't allowed to speak without prior permission. They know the consequences of questioning the leader or his dictates. Debate does not exist. During my time in that room there was no free discussion on Afghanistan, same-sex marriage, gun control or the environment.



This is because in Harper's Canada, MPs don't matter. Our prime minister believes that Conservatives elected go to Ottawa to work for him, and the party. They're employees, to be cajoled, herded, muscled, or in the case of me and Maritime MP Bill Casey, fired for insubordination.

My deep mistake was to believe members of Parliament work for the people who send them there. And that is what I told the guy. The people are the ones an MP must answer to, report to and stand before. The job of the elected is to represent the voters to Ottawa, not come home and tell the citizens what to believe.

In the end, I had to go. The PM was sick of my blog and my lip, and made a fine example of me by tossing me out of his caucus, then out of the party I had belonged to longer than he.

And although I had served two previous Conservative prime ministers, sat at the cabinet table and even been a leadership contender, Stephen Harper dropped the political nuke as a signal to the sheeple in his flock that anyone who displeased him would be dooced.

And then dismissed — like the voters.

Garth Turner served as an MP twice, last elected in 2006 as a Conservative before being ejected from his party. He is a best-selling author of personal finance books. His latest book, 'Sheeple' is about his political journey.

Letters

SunnySide

Leave your lunch at home and hit a café to help economy

Re: SunnySide initiative

I propose that on Friday, May 29, every daytime worker do not bring a lunch if they can possibly buy it for that day. That includes coffee or tea. The exceptions, of course, would be if it's financially impossible or there's no cafés or restaurants near them.

This would give all local cafés and restaurants across Canada immense business for at least one day. May 29 should generate enough business to get some money circulating from British Columbia to Newfoundland. If it works, perhaps the following month do it again on June 26.

BARRY WOOD, HALIFAX

SunnySide

Organic vegetables can help to reduce system spending

Re: SunnySide initiative

Here are some ideas:

Instead of people opting to work out in a gym, lots of calories can be burned in their backyards by growing organic vegetables. Excess vegetables could be supplied to shelters or home-care centres, thus minimizing government funding.

Those government funds can be utilized for creating jobs in less-developed areas.

It's time to rethink the millions of dollars that goes for some ridiculous research project, such as men's and women's grooming habits.

PRADEEP KRISHNA RAO, MISSISSAUGA, ONT.

Metro Online Poll Results

66% SAID YES	Would Canadian elections benefit from switching to STV? *Weigh in on today's question at metronews.ca*	34% SAID NO

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Craigslist to drop "erotic services" ads: Official

Craigslist will replace its "erotic services" ads with a new adult category "to bar flagrant prostitution and porn," the Connecticut attorney general's office said yesterday. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Gadgets hurt efficiency gains, says new report

Energy use could triple by 2030, IEA warns

Demand for energy-thirsty gadgets such as cellphones, iPods, PCs and plasma TVs is undoing efficiency gains elsewhere, the International Energy Agency said yesterday.

The Paris-based energy adviser to 28 developed countries urged governments in a report to keep pace with the invention of new consumer devices when crafting efficiency standards, and implored people to make thriftier choices.

The IEA warned that otherwise energy used by household electronic devices could triple by 2030.

Energy consumption is associated with carbon emissions because most electricity is generated from burning high-carbon fossil fuels such as coal and natural gas.

But the world doesn't have to curb an insatiable appetite for ever more clever, exciting or fashionable gadgets, provided people choose the most efficient versions available, said IEA analyst Paul Waide.

He said that governments have generally been reluctant to introduce policies for these types of products because they've been changing so much.

Technologies were already available to improve efficiency by at least 40 per cent across most appliances, the report found, but uptake depends on choices by fickle consumers.

"The extent of savings is large; however, the energy and financial savings on individual residential appliances often appear insignificant to consumers," the report said. REUTERS

Consumption

- Residential electricity consumption has been growing in all regions of the world at an average of 3.4 per cent a year since 1990, the International Energy Agency report said.

Japan **Hunting for a husband**

YURIKO NAKAO/REUTERS

A model displays lingerie-maker Triumph International's new "Konkatsu Bra," literally meaning "marriage-hunting" bra, during an unveiling in Tokyo yesterday. The bra features a countdown clock showing the marriage deadline set by the wearer, and when an engagement ring is inserted between the cups, the melody of the Wedding March is played.

Pension issue threatens GM Canada

AUTO Pension issues are stymieing efforts to reach a new concession deal between the Canadian Auto Workers union and General Motors Corp. that is needed to keep the automaker's Canadian operations from liquidation, the head of the union said yesterday.

The two sides have until Friday to strike a new cost-cutting deal or the automaker could miss out on billions of dollars in government loans needed to keep GM Canada afloat.

The biggest hurdle involves the cost of pensions for GM's retired workers, CAW president Ken Lewenza said. Complicating matters is a pension fund shortfall at GM Canada estimated to be as high as $7 billion. REUTERS

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Taylor returns to Dolphins

Jason Taylor is heading home and will return to the Miami Dolphins for the 2009 season. The South Florida Sun-Sentinel reported that Taylor has agreed to a one-year deal worth $1.5 million to play for the Dolphins after spending one season with the Washington Redskins. METRO NEWS SERVICES

Sports

Desjardins to head juniors

Willie Desjardins, left, coach of the WHL's Medicine Hat Tigers, has been named head coach of the Canadian junior men's hockey team, as they chase a record sixth-straight gold at the world junior championship. The 52-year-old from Climax, Sask., was an assistant coach on Pat Quinn's coaching staff when Canada won its fifth consecutive gold medal this January. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Canucks off-season full of free agency

TheHockeyNews

The last time Roberto Luongo surrendered seven goals, he was a wide-eyed rookie netminder with the New York Islanders and people were more concerned with surviving Y2K than the NHL playoffs.

Back on Dec. 30, 1999, in his ninth big-league start, Luongo gave up nine goals to the Pittsburgh Penguins. Five days later, in his next start on Jan. 4, 2000 Luongo allowed seven goals to the visiting Boston Bruins.

Then, for nearly a decade, no NHL team was able to put seven pucks past Luongo in a single game. Until Game 6, a do-or-die contest for the Canucks, against the Hawks in Chicago on Monday night.

It all ended so fast. The Canucks had a 2-1 series edge and 1-0 lead late in Game 4, but Martin Havlat scored with less than three minutes left — and Andrew Ladd delivered the overtime winner just 52 seconds into the extra frame. And that was pretty much it. Chicago scored two unanswered goals in the third period to take Game 5, and scored at will in decisive Game 6 to send Vancouver packing.

Now what? Well, now the Canucks management has to put its disappointment aside and start preparing for next season. The first order of the day is a Swedish double-dip, as twins Daniel and Henrik are eligible for unrestricted free agency on July 1.

Mats Sundin is also a UFA, after an abbreviated half-season of mixed results. Whatever Sundin decides expect the decision to come sooner rather than later; he's not going to want to relive the streaky soap opera that was his 2009 season.

And Mattias Ohlund (yes, another Swede), the team's longtime defenceman, is also a UFA.

The guess here is that the Sedins will be back, and probably Ohlund and Sundin, too, for one more kick at the Cup.

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Crosby over Ovie

Stanley Cup
2009 Playoffs

NHL RESULTS

Penguins 6 Capitals 2

VS Capitals

Sidney Crosby rose to the occasion in his first career playoff Game 7, recording two goals and one assist as the Pittsburgh Penguins punched their ticket to the Eastern Conference finals with a convincing 6-2 decision over the Washington Capitals at Verizon Center.

Crosby finished the series with eight goals and 13 points, and currently leads all players remaining with 12 total playoff goals.

JASON REED/REUTERS

Pittsburgh's Sidney Crosby, centre, celebrates his first-period goal with Kris Letang, left, and Bill Guerin last night. The Penguins won 6-2 and eliminated Washington.

Craig Adams, Bill Guerin, Kris Letang and Jordan Staal also lit the lamp for the Penguins, who took the semifinal series four games to three and will be among the final four teams to compete for the Stanley Cup for the second time in as many seasons.

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EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Hit the cottage, bring a tool belt

HomeScape

Opening up the cottage is a North American ritual and it so happens that the usual time for this is just about any day now.

And when cottagers make their way to their cottages for the first time this year, what will they find? Perhaps a dock that has been damaged by ice, or even swept down the bay, a railing that has been damaged by a fallen tree or a roof damaged by branches brought down by snow. Inside, you may find mouse nests in the cottage linens, mouse droppings in the cupboard, and gnawed through flour containers in the kitchen.

Ah, such are the delights of cottage life. You never know what you'll find on that first trip of the season.

One thing is clear. And that's that people who do a thorough job of preparing for the winter in the fall are a lot less likely to suffer from a nasty surprise, come the cottage-opening season.

Here are some tips for the cottage:

- In the spring, check all pipes and connections before you prime the water pump.
- Visually check exterior wiring to the cottage to spot any fraying or damaged lines before you power up the cottage.
- Wait for the hot water heater to fill up with water before you flip the switch to start it up for the season, or you could burn the heating elements.

Opening up the cottage can be joyous time, but the problems that you may have to deal with can be very time consuming.

- Cut back dead or damaged branches. Also check wood siding for any sign of rot, and pay special attention to caulking around windows. Look onto the roof for missing shingles or fixtures.
- On the interior, inspect for any water damage on ceilings or walls. This can help you spot leaking problems that may not be visible on the outside.
- Clean cupboards and be on the lookout for mouse droppings. If you find them, clean with antiseptic solution and remember to wear mask.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

Make Twitter work for your home

HouseLeague

So, every realtor in B.C. can give you full MLS service and ensure that your listing is posted in all the proper news publications. They can also send out flyers to your target demographic. But what about web 2.0 advertising? This includes Facebook, Twitter, Yammer, YouTube, Craigslist, blogs, etc. Are these sites worth the effort of adding your listing to?

While conventional MLS service and real estate website advertising is a must, there will always be those out there who will miss the listing. Buyers who are not actively searching for listings or those who are not in Canada may never find your posting. Also, those who have close family and friends contemplating a move will not be conducting your traditional property search by means of MLS but would surely forward on an interesting listing if it passed them by in their daily Internet usage.

Web 2.0 consists of a multitude of networking sites and blogs that are becoming a common daily habit for many people as a means of staying in touch with friends, finding out local occurrences, as well as posting their thoughts and opinions. Sites including Twitter and Yammer connect large groups of people with similar interests and professions such as realtors, bankers etc. Other sites such as craigslist target those searching to purchase a wide variety of products including homes. Blogs are a way to learn first hand about a multitude of subjects from the experts themselves.

Taking advantage of these web 2.0 networking sites and blogs can get your listing exposed to millions of people. By having your realtor advertise your listing on Twitter, Yammer and other such sites, hundreds of other realtors will see the listing and can store the information should they end up with a buyer looking for that type of property. They can also forward the information on to other realtors who may have interested buyers. Having your property listed on Craigslist will get the listing in front of millions of potential buyers who may not have even been considering a move but who fall in love with your listing and decide to buy. Having your realtor blog about your property can expose the listing and area to millions around the world too.

Ryan DeLuca is a realtor with Sotheby's International Realty Canada, and host of The Real Estate Minute on Novus TV; rdeluca@sothebysrealty.ca.

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It's Canadian, it's delicious and it's for charity too

The Barenaked Ladies launched the new Ben & Jerry's ice cream named after them this week. If I Had 1,000,000 Flavours contains a "collision of chocolate and vanilla ice creams," with chocolate-covered toffee, chocolate-covered almonds, white chocolate chunks and peanut butter cups. TORSTAR NEWS SERVICES

Food

Look for firm, straight spears with deep green or purple tips that are compact and tightly closed. The stem ends should be moist and green, not grey, cracked or dry. BARB HOLLAND/FOR METRO CANADA

Same size

Skinny, medium or large, the size isn't the issue, but try to pick similar size spears for even cooking. Medium to large are better for the grill.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Three cheers for these beers

Ah, the first fair-weather long weekend of the year is on the horizon and the drinking is easy. Whether it's Molson, Labatt, Keith's, or any one of the dozens of excellent micro-brews (with a hometown shout out to Nova Scotia's Garrison and Propeller breweries) made across our vast piece of geography, nothing goes better with a Canadian three-day than a few too many cold ones.

I've had the chance to tour London's own **Fuller's** Brewery in Chiswick more than once and their **ESB (500 ml, $2.50 - $3.99)** — which stands for Extra Special Bitter — is a classic, full-bodied malt-fest with plenty of lively hopes and, you guessed it, bitterness. Combine a pint with your favourite barbecued grub this weekend.

If European lagers from the mainland are more your style, try the **Czech Republic's Czechvar (500 ml, $2.55 - $3.05)** with goulash, roast pork or just about anything. Its golden colour and rich, concentrated flavour oozes drinkability.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

First spears of summer

À la carte

Barb Holland

metronews.ca/alacarte

The first long weekend of the 'summer' generally heralds a number of openings — the cottage, Farmers' Markets, firing up the grill and the sightings of the first vegetable of season, asparagus.

Asparagus and Prosciutto with Lemon Vinaigrette

Asparagus season is short, usually just four to six weeks, depending on weather and locale, so grill some up soon. This recipe, from a terrific cookbook Weber's Way to Grill, the Step-by-Step Guide to Expert Grilling by Jamie Purviance, would be good with grilled chicken, salmon or pork. Makes 4 servings.

INGREDIENTS:

- 2 tbsp (30 ml) apple cider vinegar
- 1 tbsp (15 ml) finely diced shallot
- 2 tsp (10 ml) finely grated lemon zest
- 1 tsp (5 ml) Dijon mustard
- 1/4 cup (60 ml) extra-virgin olive oil
- 1/4 tsp (1 ml) each: kosher salt and freshly ground black pepper
- 1½ lbs (750 g) asparagus (about 1-1/2 bunches)
- 1/2 tsp (2 ml) kosher salt
- 4 thin slices prosciutto

This recipe comes from Weber's Way to Grill.

METHOD:

Preheat barbecue to medium heat.

In small bowl, whisk vinegar, shallot, lemon zest, and mustard. Slowly whisk in oil. Season with salt and pepper.

Wash asparagus well, snap off ends. Drizzle asparagus with a few tablespoons of the vinaigrette and season evenly with salt.

Grill asparagus and the prosciutto over direct medium heat, with the lid closed as much as possible, until the asparagus is tender and the prosciutto is crisp, turning once or twice, 6 to 8 minutes for the asparagus and 1 to 2 minutes for the prosciutto. Arrange asparagus on a platter, spoon on remaining vinaigrette, and crumble the crispy prosciutto on top.

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Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

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Urban Foodie

Spring has sprung the spot prawn

ANYA LEVYKH
anya.levykh@gmail.com

The annual six-week spot prawn season launched this past weekend at False Creek Fisherman's Wharf. Local restaurants have geared up to offer endless variations of this large, sweet, local crustacean. Here, in no particular order, are a few picks for where to find the best "spots" in town.

The Place: **Nu Restaurant, 1661 Granville St., 604-646-4668**
The Price: $13.50
The Dish: "Deconstructed" spot prawn cocktail
The Details: Think of fresh gazpacho, crisped tails and a hidden surprise underneath.

The Place: **Le Gavroche, 1616 Alberni St., 604-685-3924**
The Price: $45
The Dish: Three course tasting menu
The Details: Spot prawn ceviche, spot prawn and lobster bisque, spot prawns in piri-piri sauce ... did I mention spot prawns?

The Place: **Fuel, 1944 West 4 Ave., 604-288-7905**
The Price: $85
The Dish: Three courses, including spot prawn boil with R&B Cream Ale
The Details: Every Saturday night, sit at the bar for a big, messy, southern style chowdown on a tub full prawns. No cutlery, just dig in until you've had enough.

The Place: **West, 2881 Granville St., 604-738-8938**
The Price: $18.50
The Dish: Lightly poached spot prawns
The Details: Rhubarb and watermelon essence, marinated cucumber salad, this is one cool cocktail.

The Place: **Go Fish, 1504 West 1 Ave., 604-730-5040**
The Price: $10-$15
The Dish: Fried spot prawns, spot prawn tacones [sic], spot prawns and chips
The Details: Gord Martin's cooperative with the False Creek fishermen means it's literally just off the boat and on to a paper-lined basket near you.

The Place: **C Restaurant, 1600 Howe St., 604-681-1164**
The Price: $15-$20
The Dish: Spot prawn salad or spot prawn and chorizo mash
The Details: However Chef Quang Dang does it, you know it will be the epitome of haute West Coast.

On the web

- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

ANYA LEVYKH/FOR METRO VANCOUVER

"Deconstructed" spot prawn cocktail with chili gastrique at Nu.

Dining out

BLUE FENCE SPECIAL
Twisted Fork Bistro (1147 Granville St.) is offering a $25 three-course prix fixe nightly between 6 and 7 p.m. Menu changes weekly, but sample items include gruyere and onion tart, organic oxtail soup, chicken breast with risotto and plums, and caramel-raspberry napoleon. Call 604-568-0749.

WHISTLER BREWING @ CRU
On May 25, CRU (1459 W. Broadway) will host a five-course dinner paired with the all-natural beers from Whistler Brewing. $65 includes fresh oysters, pork terrine, spot prawn bisque, duck leg confit, dark chocolate and hazelnut brownie, plus full beer pairings. Call 604-677-4111 for details, reservations.

In brief

IT IS WITH SADNESS that we announce that Chow Restaurants has fallen prey to the economic currents and closed as of May 10. We wish the owners and staff all the best for the future.
ANDRE MCGILLIVRAY, Steve DaCruz and Anthony Sedlak will open The Corner Suite Bistro de Luxe in July 2009. And just when you thought 2009 was going to be a write-off ...

ADVERTISING FEATURE

Urban Eats

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Medley's Bistro Bar

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Style

The new faces of L'Oréal

Announced yesterday, two well-known beauties — Evangeline Lilly (far left), and Freida Pinto — join L'Oréal Paris as new world spokespeople for the brand. Pinto is best known for her starring role in the Oscar-winning film Slumdog Millionaire, while Lilly caught viewers' attention in the popular TV drama Lost in which she won a 2007 Golden Globe Award nomination for best actress. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

A woman of many hats

Journalist Jeanne Beker is the ultimate fashion multi-tasker

BRIAN COULTON
for Metro Canada

There was a time Jeanne Beker recalls when specialization intimated success.

"They used to say 'Jack of all trades, master of none!'" an energetic Beker says with a mocking nasal voice in her downtown Toronto office. "I think it's a very old fashioned notion now. It would be a pretty boring life for me if I was only involved in one medium."

Boring, for the Canadian fashion icon, would make most beat. Beker is the long-time face of Fashion Television, editor-in-chief of FQ and Sir magazines, author of three books, fashion columnist for The Globe and Mail and a judge on CTV reality show Canada's Next Top Model, its third season set to premiere on May 26.

The array of multimedia hats Beker wears today (which surely match those in her closet) stems from her fundamental passion for communication. Before media, Beker was an actress, once studying mime in Paris under Marcel Marceau's teacher Étienne Decroux. It wasn't until 1975, when she moved to St. John's, Nfld., that she found her voice.

"I was the only mime artist in the province and I got a job in radio," she says with irony. "That's just the proof that I was really all about communication, first and foremost."

St. John's became Toronto, radio turned into television and Beker found herself on the big city small screen, hosting The New Music with CNN-bound JD Roberts. But after meeting all of her youthful rock idols ("I thought, if I interview Rod Stewart once more, I'll lose it!" she quips), Beker, then in her early 30s, says she desired doing something more "age appropriate."

CTV PHOTO

Fashion correspondent Jeanne Beker, second from left, returns to her post as Canada's Next Top Model judge along with (left to right): Mike Ruiz, Jay Manuel, Yasmin Warsame and Nolé Marin.

"Fashion's the kind of thing you can grow old in ... Actually, fashion keeps you from ever growing old in some ways, because it's constantly changing. It looked like the next big thing, and we were right."

That prediction has held strong for 24 years, since Fashion Television was created (a run Beker says she'd never have believed if told back then). Today, she continues to be seen running about the streets of the world's fashion capitals with her cameraman and a microphone in hand, reporting from runway shows and interviewing befriended designers from Gaultier to Valentino. But despite her years in the business, Beker says she'll never tire of fashion.

"Fashion keeps you from ever growing old in some ways, because it's constantly changing."
Jeanne Beker, Canada's Next Top Model judge

"The only constant in fashion is change. The personalities — the egos, the icons and the drama in fashion — it's all so irresistible. To me, it's the most colourful arena I can imagine."

But, it's also one Beker doesn't know how to progress further in. "I think about it every night!" she says, slapping her desk. She says she only hopes to continue to present popular culture's cutting edge, in a motley manner.

"It's about really reaching out and communicating to people and looking at situations in a multitude of different ways. That's what makes things so compelling — when there are all these different textures to play with."

Distressed jeans — your own way

KENYA HUNT
Metro World News

It's not so hard to make your jeans look like Cameron Diaz's.

You don't have to pay hundreds of dollars to wear the ripped jean look. Simply grab an old pair from your closet and create it yourself.

1 Place a wood cutting board inside each pant leg. Pick strategic areas on the denim that you want to look worn. Scrape designated areas with a cheese grater until you achieve the desired look.

2 Using a large, utility knife, cut areas of jean that you'd like to look ripped (don't use scissors, which will make the rips look too precise). Grab a rough pumice stone or sandpaper and rub the fabric around the cut in order to soften the edges and give that aged look.

3 Wearing rubber gloves, dip a sponge into a bucket of bleach and water. Next, lightly sponge areas you want to look discolored. Afterwards, toss in washing machine and voilá you've got a pair of distressed jeans.

FlareFashion

Lisa Tant

Read the blog at metronews.ca/flarefashion

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Model judge sacked
Former supermodel Paulina Porizkova revealed this week that she has been booted from her judge's post on America's Next Top Model. "Listen, do you know why I am in Los Angeles? Because I am looking for a job," Porizkova informed Craig Ferguson on his talk show. EONLINE.COM

Entertainment

First time
Prince Harry will be making his first formal visit to the United States later this month to participate in the second annual Veuve Clicquot Manhattan Polo Classic on New York's historic Governors Island. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Green Day takes swipe at U.S.

Green Day

Album: 21st Century Breakdown **Label:** Warner
Rating: ★★★½

IT'S BEEN FIVE years since Green Day completed its transformation from poseur punks to thought-provoking social activists, so no one should be surprised that the group's new album takes another swipe at America's decaying culture. What is astonishing is that the California trio is even more upset and angry about the state of their country, even though a new U.S. president is in power. In this three-act rock opera, the band rails against religion and alienation, among other things. Musically, this is as tight as they've ever been, though some of the more classic rock sounding tracks aren't as strong as the punk-influenced tunes.

Bryan Borzykowski/for Metro Canada

WARNER MUSIC PHOTO

Green Day rails against religion and alienation on new album, 21st Century Breakdown.

Sophie Milman

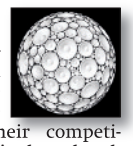
Album: Take Love Easy
Label: Linus
Rating: ★★★½

THERE ARE TIMES when the world seems awash with "sexy" or "sultry" candle light-and-wine jazz singers whose phrasing is always more important than the actual power of her instrument. So what makes Milman any different? Hard to say, really. But there's a timbre and tone to her alto voice that is just so ... likeable. Here, she follows up her Juno-winning Make Someone Happy CD with a mix of the usual jazz standards by stalwarts like Cole Porter, Johnny Mercer and Duke Ellington with some intriguing arrangements of more contemporary tunes. The formula works wonderfully on Paul Simon's 50 Ways To Leave Your Lover and Joni Mitchell's Be Cool, both of which were written during their masters' "jazz periods." It fails, however, on Bruce Springsteen's I'm On Fire and offers surprising results on Bonnie Raitt's I Can't Make you Love Me.

Graham Rockingham/for Metro Canada

The Crystal Method

Album: Divided By Night
Label: Tiny e Records
Rating: ★★★



WHEN THE CRYSTAL Method exploded on the dance scene in the late-'90s, their competition was limited to a handful of acts. Now, everyone's playing loud, big beat dance music, so the duo has to step it up if they want to stay relevant. They've tried to do just that by enlisting a bevy of popular indie artists, including Metric's Emily Haines, to sing over their electro sounds. While it works to some degree — Matisyahu's Drown in the Now might be his best work — it's missing the attack and originality that their younger contemporaries have mastered.

Bryan Borzykowski/for Metro Canada

MusicReviews
music@metronews.ca

Listen to this week's reviewed music at metronews.ca/music

Kenya'sStyle

Kenya Hunt
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5/14/09

	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
VA												
primetime	251	308	3 CBC	NHL Hockey: West Semifinal -- Blackhawks at Canucks				Doc Zone (CC)		CBC News: The National		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	Name Is Earl	Soup Presents	The E! True Hollywood Story		Tommy Lee: THS		News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	CSI: Crime Scene Invstgtn.		Grey's Anatomy "Here's to Future Days; Now or Never"				News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Smallville "Doomsday" (CC)		Supernatural "Lucifer Rising"		Scrubs (CC)	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Survivor: Tocantins (N) (CC)		The Office	Kink in Hair	Bones "The Man in the Cell"		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Old Christine	Old Christine	America's Next Top Model		Southland "Westside" (N)		News (N)
	253	359	13 CITY	Law & Order (CC)		Ugly Betty "In the Stars" (N)		Parks-Recreat	30 Rock	Hell's Kitchen (CC)		The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Smallville "Doomsday" (CC)		Supernatural "Lucifer Rising"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Survivor: Tocantins (N) (CC)		CSI: Crime Scene Invstgtn.		(:01) CSI: NY "Pay Up" (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Name Is Earl	Parks-Recreat	The Office	(:31) 30 Rock	Southland "Westside" (N)		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Divine Design	Love It-List It	House
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty "In the Stars" (N)		Grey's Anatomy "Here's to Future Days; Now or Never"				KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Falling Down ★★ (1993) Michael Douglas, Robert Duvall.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Field Guide	Lost in Austen (CC)		A Sidewalk Astronomer (CC)		400 Years of the Telescope		Victor Borge
	290	382	28 FOX	Two/Half Men	Two/Half Men	Bones (Season Finale) (N) (PA)		Hell's Kitchen (CC)		News (N) (CC)		Family Guy
	-	364	29 PBS	MI-5 "Nest of Angels" (CC)		Red Green	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Yankee Shop
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd Pink.	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	Smallville "Doomsday" (CC)		Supernatural "Lucifer Rising"		KTLA Prime News (CC)		Friends (CC)
	295	651	38 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	57 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	66 STR	News (N)	News		Late Show-Letterman		Janice Dickinson Modeling		Late Late Show	
news	502	390	53 NW	CBC News: The National (N)		CBC News: The National		CBC News: The National		The Nature of Things (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Memorial Cup Preview (Live)		Hockey	MMA Conn	The Ultimate Fighter		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			Off the Record	Score Golf	Motoring 2009	2008 World Series of Poker		SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Departures (CC)		Mantracker "Simone & Mike"		Bounty Hunter	Bounty Hunter	Departures
	410	403	24 SCR	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	65 SC	(6:00) Sprint Pit Crew Challenge (N)			NASCAR	Dave Despain All Star Special		Sprint Pit Crew Challenge		
	416	409	144 GLF	Footballers	Footballers	Gol TV News	Nutrilite: Nutri.	Footballers	Gol TV News	Gol TV News	Gol TV News	Gol TV News
family	552	543	25 YTV	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	In Real Life (CC)		Falcon Beach (CC)		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Titan A.E. ★★★ (2000) Voices of Matt Damon. (CC)			
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Recreat. Eden	Big Ideas	Ship Sinkers (CC)		Art	Heaven-Earth	True Meaning of Pictures		True Intrepid
	575	583	20 CMT	Hope & Faith	Hope & Faith	Gone Country	Taylor Swift	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	42 MM	MuchTopTens (CC)		One Tree Hill (CC)		Daddy's Girls	Degrassi: TNG	Technical Diff.	Technical Diff.	Spotlight
	600	564	43 H&G	House	House	Holmes in New Orleans (CC)		Disaster DIY	Big Amazing	Holmes in New Orleans (CC)		House
	615	520	61 A&E	The First 48 (CC)		The First 48 Cabdriver. (CC)		The First 48 (CC)		The First 48 "Lester Street"		The First 48
	628	584	62 SPKE	(6:00) TNA Wrestling (N)		Pros vs. Joes: All Stars (CC)		MANswers	GameTrailers	MANswers	Beavis-Butt.	CSI
	521	560	64 TLC	Street Customs (N) (CC)		American Chopper (CC)		Street Customs (CC)		American Chopper (CC)		Overhaulin'
	616	522	69 SHO	The Outer Limits (CC)		Love-Death	Love-Death	Trailer Park	Trailer Park	Ocean's Eleven ★★★ (2001) (CC)		
	620	523	70 BVO	(6:00) Home Team ★★ (1999)		Law & Order "Enemy" (CC)		Without a Trace (CC)		The Gathering Storm ★★ (2002) (CC)		
	601	562	71 SLC	X-Weighted "Mike" (CC)		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Paradise Hotel
	520	505	72 DIS	MythBusters (CC)		Daily Planet (CC)		MythBusters "Demolition Derby Special" Automotive fables.				MythBusters
	522	506	74 HIS	NCIS "Leap of Faith" (CC)		Ancient Discoveries		Go Deep "Ice Wreck" (CC)		NCIS "Leap of Faith" (CC)		Marine Mach.
	627	528	75 SPC	(6:00) House of the Dead ★		Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager "Nemesis"		Star Trek: Ent.
	294	650	97 TBS	I Spy ★★ (2002) (PA) Eddie Murphy, Owen Wilson. (CC)				Sex and-City	Sex and-City	(:10) I Spy ★★ (2002) (PA) Eddie Murphy.		
	619	525	98 TROP	Vanity	Inside Hollywood "Murderer"		Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	99 FN	Ace of Cakes	Ace of Cakes	Chef Abroad	David Rocco	Unwrapped	Unwrapped	Jamie's School Dinners (CC)		Ace of Cakes
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	VIP	Extreme Wind	Daily Show
	320	621	60 CEN	(5:50) Kaw	Tracey Ullman	Pete Seeger: The Power of Song (2007) (CC)		(:35) Berlin ★★★ (2007, Documentary) (CC)				Margot-Wed
	581	566	101 MTV	True Life (CC)		MTV Live	After	The Hills	After Show	True Life (CC)		MTV Live
	261	394	102 V	Robin Hood: Men in Tights		Poltergeist: The Legacy		Robin Hood: Men in Tights ★★ (1993) Cary Elwes. (CC)				Paid Program
	-	-	103 MUL	Eight Heroes	Mom's-Upset	Vancouver	Bahadur-Zafar	Dheeyan Ghar	Sadabahar	Rang Barangi	Desi Rhythms	Patrol World

critics'corner

CSI: Crime Scene Investigation
Langston (Laurence Fishburne) is required to use deadly force for the first time in his career as a crime scene investigator as he and the team look into a series of murders tied to a scam in which poker chips from a long-defunct casino play a part. Cynthia Watros ("Lost") and Gerald McRaney ("Jericho") guest star in the season finale, "All In." 8 PM on CTV

My Name Is Earl
Joy (Jaime Pressly) asks Earl (Jason Lee) to pretend to be Dodge's (Louis T. Moyle) father and speak at career day at his school. After discovering that Dodge needs to know his real father, however, Earl enlists Randy and Catalina (Ethan Suplee, Nadine Velazquez) to help search for this deadbeat dad. Norm MacDonald guest stars in the new episode "Dodge's Dad." 8 PM on JOY NBC

Moonwalk, the sequel?
Michael Jackson is working on a new signature dance move, femalefirst.co.uk reports. The singer has hired choreographer Kenny Ortega to come up with a unique move to rival his famous moonwalk ahead of his summer London residency. METRO NEWS SERVICES

Celebrity Buzz

Anna's posse pleads not guilty

DRAMA Three people in Anna Nicole Smith's closest circle pleaded not guilty yesterday to conspiring to provide the drugs that killed her in 2007, people.com reports.

Howard K. Stern, Smith's lawyer-boyfriend, her physician Sandeep Kapoor, and Smith's neighbour and psychiatrist Kristine Eroshevich, entered the pleas before the Los Angeles Superior Court.

METRO NEWS SERVICES

GETTY IMAGES

Vanessa to bare all on screen?

RATED R You may be seeing a lot more of Vanessa Hudgens in the future, usmagazine.com reports.

"I will show nudity in a film when the time is right," the 20-year-old High School Musical star tells E! Online.

"If it's an amazing movie that I'm really passionate about and that's what it calls for, then we'll see," she added.

The actress also has appeared nude in 2007, in photos that leaked online.

METRO NEWS SERVICES

From drug to rap addiction

QUOTABLE Eminem wanted to kill himself at the height of his addiction problems, femalefirst.co.uk reports.

The rapper — who is set to release his new album following a three-year-break from music — admits he briefly considered committing suicide while struggling with his alcohol and drug problems.

He told British TV talk-show host Jonathan Ross: "I just wasn't taking care of myself, at times I wanted to just give it up.

"I was in a dark place. I wanted to pull back from the spotlight to reassess my whole career," he added. "I got sober but it was pretty rough. A couple of years were bad for me."

The 36-year-old hip-hop star is thrilled with his new material and insists he is only addicted to work these days.

He said: "I almost feel like a little kid again with rap. Rap was my drug. It used to get me high and then it stopped getting me high. Then I had to resort to other things to make me feel that ... now rap's getting me high again."

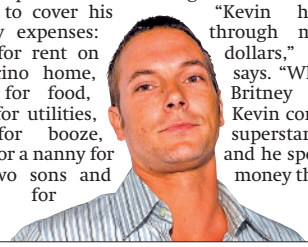
METRO WORLD NEWS

K-Fed can't get enough from Brit?

SPENDER NOT SAVER Kevin Federline reportedly can't make ends meet with the $40,000 US a month he receives from ex-wife Britney Spears.

The singer pays Federline $20,000 a month for child support, plus an additional $5,000 a week while she's on tour.

But according to the National Enquirer, it's not enough to cover his monthly expenses: $7,500 for rent on his Encino home, $2,000 for food, $1,500 for utilities, $800 for booze, $2,800 for a nanny for their two sons and $3,000 for bodyguards.

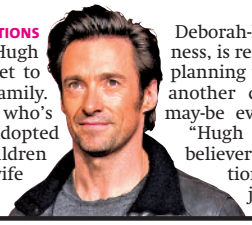


"Kevin has blown through millions of dollars," a source says. "When he and Britney divorced, Kevin continued the superstar lifestyle, and he spends all the money that he gets."

METRO WORLD NEWS

Hugh wants own Rainbow Tribe

FAMILY ASPIRATIONS Looks like Hugh Jackman is set to expand his family. The actor, who's already adopted two children with wife Deborah-Lee Furness, is reportedly planning to adopt another child — may-be even two.



"Hugh is a big believer in adoption — not just personally, but from a worldview of extending help to parentless children," a source tells the National Enquirer. "They are adopting another child now, and plan to welcome a fourth ... It has become their mission."

METRO WORLD NEWS

Dad giving up on Amy?

DAD'S LIMITS Amy Winehouse's dad, Mitch, has stood by his daughter through her troubles with drugs. But now that those have been replaced with an alleged alcohol addiction, he says he's not sure he can continue to stick around.

"After she almost died twice from drug-related problems, to see her walking, smiling — she has progressed so much," Mitch says in a new TV documentary, according to Marie Claire U.K.

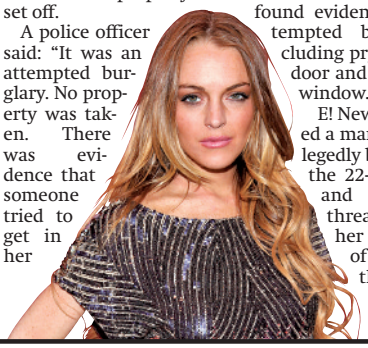
"But now, if it's alcohol instead of hard drugs — I don't think I can go through that again. I've decided to distance myself, and whatever happens, happens," he said. "It's her life. It's her career. It's her decision."

METRO WORLD NEWS

LiLo avoids burglary

RICH AND FAMOUS Burglars targeted Lindsay Lohan's home, femalefirst.co.uk reports. Police were called to the actress' Los Angeles property at about 3 p.m. on Tuesday after a security alarm at the property was set off.

A police officer said: "It was an attempted burglary. No property was taken. There was evidence that someone tried to get in her house, but there's no evidence that they actually got inside or removed any of her property."



After being alerted to a problem by the property's alarm company, police went to investigate, and found evidence of an attempted break-in, including pry-marks on a door and damage to a window.

E! News has reported a man who has allegedly been stalking the 22-year-old star and making threats against her is a "person of interest" in the case.

METRO NEWS SERVICES

Balance
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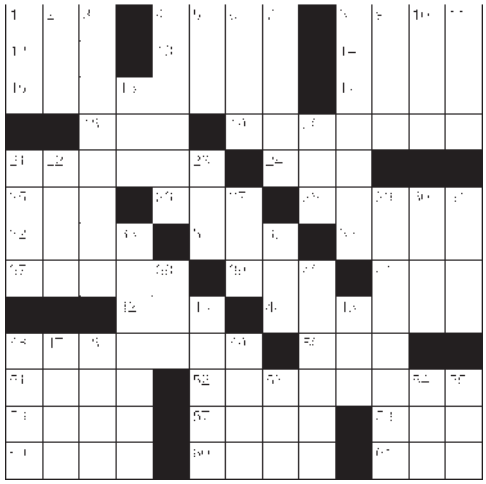


Crossword across

1 Feathery neckpiece
4 Weevil invader
8 Diplomacy
12 Puncturing tool
13 Reed instrument
14 Petri-dish matter
15 Giving permission
17 Entice
18 Online address
19 Exhibition setting
21 Sweeney Todd, e.g.
24 Deposit
25 With 21-Down, "Arabian Nights" hero
26 Scoot
28 Rub the wrong way
32 Exclamation point
34 Conger or moray
36 — podrida
37 Battle verbally
39 Afternoon affair
41 Fleur-de- —
42 Succumb to gravity
44 Thing
46 Baton wielder
50 Journal
51 Pinnacle
52 Soothing
56 Fit of peevishness
57 Voice of Fiona in "Shrek"
58 Teachers' org.
59 Towel marking
60 A handful
61 Sailor

Crossword down

1 Sheepish remark?
2 Hooter
3 Sexy
4 Alley athlete
5 — -Wan Kenobi
6 Protracted
7 Constitutional
8 Hunter's cry
9 Chills and fever
10 Singer Vikki
11 Deuce beater
16 Sceptre topper
20 Fond du —, Wisc.
21 See 25-Across
22 Winged
23 Actress McClanahan
27 Trawler prop
29 Making a claim
30 Gendarme
31 Bridge position
33 Fabric inserts
35 Author Buscaglia
38 Pack away
40 Burning
43 Alumni
45 Cohort of Whoopi and Sherri
46 Hawkeye's sitcom
47 Dermatology subject
48 Ottoman potentate
49 Hodgepodge
53 Hasty escape
54 Ultramodern
55 Tie up the phone

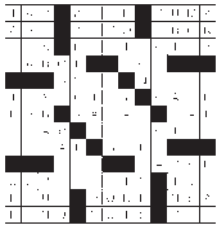
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

4			7	9				1
	7					5	6	
	3			2	5			9
					6			7
		7				8		
9			1					
5			8	7			1	
	9	4					2	
7				4	3			5

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	3	9	7	2	5	1	8	4
4	1	5	6	8	9	2	7	3
2	8	7	3	4	1	6	9	5
8	5	3	1	7	6	9	4	2
9	6	2	5	3	4	7	1	8
1	7	4	2	9	8	5	3	6
7	4	6	9	5	3	8	2	1
5	2	8	4	1	7	3	6	9
3	9	1	8	6	2	4	5	7

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Mighty Burger

INGREDIENTS:

Oil for greasing
2/3 lb (300 g) lean ground lamb
2/3 lb (300 g) lean ground pork
2 tsp (10 ml) dried Italian herb mix, or mixed herbs
1 small egg
3 tbsp (45 ml) (85g) fresh breadcrumbs
Salt and black pepper
A few drops of Worcestershire sauce
2 tbsp (25 ml) olive oil
1 medium onion
1 large clove garlic
1–2 tsp (10 ml) chili powder
1 small red pepper
2 tomatoes
3 oz (85 g) button mushrooms
1/4 lb (110 g) mozzarella cheese
1/4 lb (110 g) cheddar cheese

METHOD:

1. Preheat oven to 375 F (190 C). Lightly oil 10-in. (25-cm) pizza sheet or baking pan.
2. Put meat into bowl. Add herbs, then stir in egg, breadcrumbs, salt, pepper and good splash of Worcestershire sauce. Mix well together.
3. Press mixture evenly onto pizza sheet, or put onto baking tray and shape into 10-in. (25-cm) round. Cook burger in oven for 15–20 minutes.
4. Meanwhile, heat olive oil in frying pan. Peel and chop onion and garlic. Add to oil and fry until soft, 5 minutes. Stir in chili powder and remove from heat.
5. Rinse pepper and tomatoes and clean mushrooms. Deseed and dice pepper, then slice tomatoes and mushrooms. Cut mozzarella into thin slices and grate cheddar.
6. Remove burger from oven and drain off liquid; increase oven temperature to 425 F (220 C).
7. Spread onion mixture over burger. Add pepper, tomatoes and mushrooms. Sprinkle cheese on top. Bake for 5 minutes, or until cheese melts. Serve in wedges with crusty bread, salad and ketchup.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Make the world sit up and take notice of you today. Do something that no one can possibly ignore. It's time to get yourself noticed again.

TAURUS ♉
APRIL 21-MAY 21
Sometimes it's nice to go with the flow and let others call the tune; this is one of those times. If you get lost in the crowd today it won't worry you.

GEMINI ♊
MAY 22-JUNE 21
You may feel a need to prove yourself but you also need to be realistic about what you can achieve. Aim high today but don't lose sight of who you are.

CANCER ♋
JUNE 22-JULY 22
You may feel out of your depth but it's nothing to worry about, so don't be discouraged. Others may know more but they don't have your tenacity or sensitivity.

LEO ♌
JULY 23-AUG 23
You're determined to make up for lost time and the best way to do that is to have a good time. But make time too for those who are still stuck.

VIRGO ♍
AUG 24-SEPT 22
Others may say you should suppress your natural instincts but you know you won't be happy if you do, so ignore their advice and do what feels right to you.

LIBRA ♎
SEPT 23-OCT 23
Anyone who thinks you've not been your happy-go-lucky self lately will have to revise their opinion in the next few days as the smile returns to your face.

SCORPIO ♏
OCT 24-NOV 22
What you have to do today may make you unpopular but you won't shirk responsibilities for the sake of people whose respect you can live without.

SAGITTARIUS ♐
NOV 23-DEC 21
You want to support a plan that means a lot to a friend but you suspect it may not be good for them or you. Go through it with them point by point.

CAPRICORN ♑
DEC 22-JAN 20
Not everyone who makes you an offer is out to steal your money. Someone who approaches you with a money-making idea should be listened to.

AQUARIUS ♒
JAN 21-FEB 18
If you value your peace of mind you must not get involved in other people's relationship problems, not even if they ask you to mediate.

PISCES ♓
FEB 19-MARCH 20
You will feel much better about yourself today if you forget about your duties and chores for a while and spend time doing what makes you feel happy.

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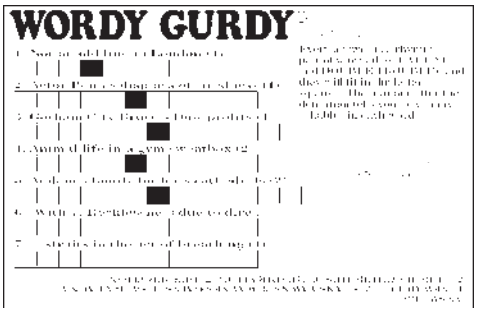
WORDY GURDY



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